



November 2021 NAAFA Newsletter

Fat Community Fund and Body Image Workshops for Girls by Amy Pence-Brown



I was honored to receive a \$500 grant in 2020 from NAAFA's Fat Community Project Fund to assist in the printing of my annual plus-sized pinup calendars *Reviving Hilda*, the chubby mid-century illustrated calendar girl. For years fans and followers of mine had been telling me how much the red-headed and quirky Hilda reminded them of me. I got the wild

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idea to re-create Duane Bryers' paintings in a real life subversive, sexy and silly feminist selfie series using items from my children and my own home to make the images my own. I began doing so in 2017 and there are [54 to date](#). They are popular and sweet and so much fun.

Soon after folks began asking for a [calendar](#) and I thought it would make a great fundraiser for my body image camps and classes for Idaho girls and teens. The limited edition runs sold out quickly each year but were becoming more and more costly to make. The NAAFA grant made it much more feasible and allowed me to dedicate even more of the proceeds to buy art supplies, food, books, and space rental, plus help all the girls attend a workshop free of charge.

It was put off by a year due to the COVID-19 pandemic, but 2021 did finally offer me an opportunity to lead a [Be RAD! Be YOU! A Body Image Workshop for Girls ages 9-14](#) at the Weiser Public Library, in this small rural Idaho town of about 5,000, in October. There were 13 girls. We talked about important radical things like puberty, sex, aging, healthy relationships (with ourselves and others), body image, fat acceptance and more. I was able to purchase supplies and gifts for the girls, including sticky notepads for small acts of activism from Beauty Redefined. It was exceptional! I am thrilled to have been able to use the funds received via the Fat Community Project Fund grant from NAAFA in 2020 to help make it happen.

Researchers, doctors and parents all have found that it's during our pre-teen and teenage years and puberty that ideas about our bodies can be really solidified. It's a crucial time of change and growth and discovery about who we are. It's also a time when beliefs are formed and ideas are fluid and anything is possible. I've had the honor to speak to lots of young people over the past four years about being an activist in your own life in big and small ways; about how to stand up for what's important - including yourself. It's something I teach all three of my children at home and a message I'm honored and

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Video of the Month



Native American Comedy Slam

In November, we honor and celebrate the Indigenous people of North America. There has been much harm done and maybe because of the persecution, people use humor to survive. Our video of the month features a Native American Comedy Slam featuring comedian Howie Miller.

[Howie Miller • Native American Comedy Slam • Part 1 | LOLflix - YouTube](#)

Quick Links

[NAAFA.org](#)

thrilled to share with others.

After being asked repeatedly to teach camps and classes on body resilience and self-esteem, in 2017 I created and launched [RADCAMP: A Body Image Boot Camp for Feminist Teens](#) for girls aged 13-15 and a [summer camping weekend version for women](#) as well. (Here's a [great post](#) I wrote about the inaugural teen RADCAMP.) In 2020 I was super excited to launch Be RAD! Be YOU! A Body Image Workshop for Girls aged 10-12 in Boise, Idaho. Check out fun photos from this year's event in Weiser, Idaho, on my [Facebook page](#) and all over my [Instagram](#) feed and learn more about my camps, classes, workshops, lectures, art and more on my website www.amypencebrown.com

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New Publication Focuses on Weight Science and Weight Stigma in Healthcare *by Ragen Chastain*

In the early 2000s I was still duped by diet culture, but was tired of all the yo-yo dieting I had done. So I decided to put my background in research methods and statistics to work with a literature review to find the *best* diet. What I found, as many of you will know, was that there wasn't a single study where more than a tiny fraction of



people were successful at long-term significant weight loss. Realizing that dieting wasn't the path to health I thought it was, I started to look for what the research said was the best way to support my body. That led me to the work around the weight-neutral health paradigm, and eventually to writing and speaking about weight-neutral health, weight science, and the impacts of weight stigma on my blog *DancesWithFat*.

In 2012 I officially began doing this work full-time, and I'm deeply grateful and privileged to get to do it as just one member of an incredible community, many of whom have been doing this since before I was born and/or with far less privilege than I have. I've had the opportunity to speak to healthcare, corporate, college, and conference audiences about weight science, weight stigma, and fat liberation.

Since I started this work, by far the most desperate and heart-wrenching requests I get for support are around healthcare. Weight stigma at every level and facet of the healthcare system does tremendous, sometimes irreparable harm, and it does more harm to those of higher weights and those with multiple marginalized identities.

I created the [Weight and Healthcare Newsletter](https://weightandhealthcare.substack.com) in response to requests from practitioners, patients, and advocates to write more about healthcare, and to create a publication where this information is easy to find and easy to refer people to. New posts come out on Wednesdays and Saturdays and include information and strategies to help fat people deal with medical weight stigma, research breakdowns, discussions of best practices for higher weight patients in healthcare and public health, conversations with practitioners and other experts, real world case studies, answers to reader questions, and more.

You can find the newsletter at <https://weightandhealthcare.substack.com>

Anti-Racism Resources - Indigenous People *compiled by Darliene Howell*

Each month, we feature educational resources on the NAAFA Community Voices Blog. Some resources will be historic information about systemic racism. Others will be resources on doing the internal work of understanding ourselves and how we play a part in that system. There will also be actions that can be taken to directly oppose racism. This month's Anti-Racism Resources focus on Indigenous People in honor of Indigenous Heritage Month. You can find more resources on the [NAAFA website](#).

History

[The Untold History of Native American Enslavement](#)

Long before the trans-Atlantic African slave trade was established in North America, Europeans were conducting a trade of enslaved Indigenous peoples.

[This tribe helped the Pilgrims survive for their first Thanksgiving. They still regret it 400 years later](#) - Seattle Times

This article discusses the history of Plymouth Rock from the perspective of the Wampanoag people and shows how what we learned as children has been whitewashed.

Dismantling Systemic Racism

[Educators And Native Leaders Recommend Bringing Anti-Racism To The Thanksgiving Table](#) - NPR

Here are some ways educators and Native leaders recommend bringing anti-racism to the table.

[How Racism Against Native People Is Normalized, From Mascots to Costumes](#) - Teen Vogue

In this op-ed, Heather Davidson explains the normalized racism Native people witness every day.

[The "Long Awaiting"--Lifting Up Native Voices for Economic Justice](#) - Nonprofit Quarterly (NPQ)

This article is the first in a new series of articles that NPQ, in partnership with First Nations Development Institute (First Nations), will publish in the coming weeks. The series will highlight leading economic justice work in Indian Country and identify ways that philanthropy might more effectively support these efforts.

Representation Matters

There have not been many opportunities for Indigenous People to share their perspectives, stories, and experiences in mainstream media. We also need to be aware of the re-traumatization caused by racism that may occur when watching films or television. Here are examples of Indigenous created movies or television shows:

Wildhood - (Movie) Shown at the Toronto Film Festival in 2021

A two-spirit Indigenous teenager tries to find his mother, and himself, in this delicate coming-of-age story.

Reservation Dogs - (Television) Available from FX on Hulu

A coming-of-age comedy in a tight-knit community where everyone knows everyone, and business and pleasure mix.

[Racial Trauma in Film: How Viewers Can Address Re-traumatization](#)

Re-traumatization by film can have profound effects on one's mental health and well-being. Some may ask, "Well it's just a movie; can it really have that deep of an impact on someone's mental health?" The answer to that question is, yes, it can.

Other Resources

[Native American Resources](#)

This blog is a place to present truths and perspectives about the Indigenous People of the Western Hemisphere (with particular focus on the Caribbean) not easily found in other places and includes book lists, websites, video clips, music/songs, curriculum ideas, and other thoughts thrown in for explanation.

NAAFA Chronicles 70

As part of our monthly NAAFA Chronicles feature, enjoy NAAFA's 70th newsletter from [June 1986](#).

For more, check out the "Chronicles" page of NAAFA's website, <https://naafa.org/chronicles>

NAAFA Recognizes Indigenous Heritage Month *by Elaine Lee and Amanda Cooper*

Every November, American Indian and Alaska Native Heritage Month (as referred to by the United States government), also called Indigenous Heritage Month, provides the opportunity to recognize, reflect, and amplify Indigenous people, cultures and the historic and current impact of Native American activists and actions in the United States. First celebrated as a single



day in May of 1916, the acknowledgement spread after Red Fox James, a member of the Blackfeet Nation, rode across the nation on horseback lobbying 24 state governments to create a day to honor American Indians. Not until 1990 did a joint congressional resolution designating the month of November as "National American Indian Heritage Month" become adopted at a federal level.

As middle aged folk growing up in the United States of the 1970s and 80s,

we both learned a very skewed version of the Native American experience in school. First, in elementary school, we learned the ["Thanksgiving myth"](#) in all of its whitewashed inaccuracy. Later, in college or high school, we learned more about the Trail of Tears and other forms of genocide against Indigenous peoples, and were led to believe that these atrocities essentially wiped out Indigenous communities and people. It's only as adults who have worked to become more culturally aware, making an effort to learn more about the people who first inhabited our current homes, that we have come to understand that though colonists did their level best to destroy Indigenous culture and murder Indigenous people, Native American culture and people are still here, still vibrant, still caring for the land, and have so much to offer the world and to all of us.

For non-Indigenous people, there are a wide variety of ways to learn about, recognize and honor our Indigenous hosts. Finding out [whose land you live on](#) is a good starting point, and paying a land tax is a way to begin to contribute to [rematriation](#), or returning Indigenous land to Indigenous people. Amanda lives on Ohlone/Chochenyo land, for example, so she pays [Shuumi Land Tax](#).

One way to learn more and support Indigenous communities, is to find and follow more Native American [content creators](#) and [artists](#). Finding and supporting Indigenous-owned and operated businesses locally and in other locations can expand your horizons and perspective in your hometown and in

your travels. When travel is safe and visitors are welcome, we have gained so much perspective from respectfully visiting Native American lands and sites, such as places like [Taos Pueblo](#), which has been home to the Tiwa people for over 1000 years.

As we often discuss at NAAFA, anti-fatness is an intersectional issue. Anti-Indigenous attitudes and oppression are deeply entwined with anti-fatness, similar to anti-Blackness and other forms of discrimination and efforts to create groups that are "less than" others. For example, Native American communities have been the subject of much mainstream news reporting focused on weight stigma, pointing out high rates of diabetes and other disease in Native American communities. The bitter irony of course, is that Indigenous people being forcibly separated from their lands and ancestral diet, in addition to trauma and stress caused by these actions, are the more likely causes of any health disparities noted by researchers. Recently, more public health practices are starting to recognize [the power of embracing Indigenous](#) solutions. Indigenous chefs are also reclaiming their cuisine, a wonderful movement you can learn about on the [Toasted Sister podcast](#), among other resources.

Another great podcast is [Woman of Size](#) from fat, Indigenous (Lakota) comedian, writer and actor Jana Schmieding. Schmieding is best known to many for her role on the 2021 Peacock sitcom Rutherford Falls, a show worth checking out for its mix of fun comedy and serious attention to issues Indigenous communities are facing. Though there haven't been new episodes of the Woman of Size podcast since 2019, there is a lot of great content in the archives for exploring the intersection of fat and Indigenous identities.

In NAAFA's ongoing effort to fight for fat rights while also fighting against white supremacy, we will endeavor to make this month of recognition a month of action, highlighting Native American voices in our blog, programming and social channels. We hope you will join us in using this month to gain a better understanding of the legacy of colonization, and [what we can do to contribute to healing](#).

Laughing for Liberation



**Join Us for Indigenous Comedy: Laughing for Liberation
with Comedian Howie Miller**

Sunday, November 21, 2021 at 4pm PT/5pm MT/6pm CT/ 7pm ET

[Howie Miller](#) is one of the funniest corporate and club comedians in North America. He is a First Nation Descendant of the Cree Nation and was born and raised in Edmonton, Alberta, Canada. His quick wit and unique point of view on multi ethnic stereotypes is enjoyed by all audiences. This has garnered Howie numerous television appearances and placed him in great demand on the corporate comedy circuit. Howie's hilarious routine, mixed with stellar impressions, has the audience laughing from start to finish. You will get a sneak peek of Howie's comedy with the Video of the Month in this Newsletter!

To register for the webinar, go to our [Webinars](#) page on the NAAFA website.

Live Big Girl Ticket Giveaway

Live Big Girl

Will be celebrating their
4 year anniversary



Join us on

December 2, 2021
7pm- 8:30pm EST

For a virtual and interactive
live streaming of our play



For Tickets Click on Link Below

Vanessa Chica, Karina Guardiola-Lopez, and Rebeca Lois Lucret -- collectively known as the cast of *Live Big Girl* -- are celebrating the 4th anniversary of their acclaimed stage performance. They've gifted NAAFA two tickets to the interactive virtual screening of the show! [Click here to enter the drawing](#) by midnight PST on November 24.

For more information on Live Big Girl, to see a clip from the show, or to purchase tickets for yourself or a friend, visit vanessachica.com

Media and Research Roundup

by Bill and Terri Weitze

October 12, 2021: The headline and article say "obesity raises the risk of gum disease" but the study itself is on the effects of a high fat diet versus a low fat diet in mice.

<https://www.sciencedaily.com/releases/2021/11/211112083106.htm>

<https://doi.org/10.1177/002203452111040729>

October 22, 2021: Ragen Chastain discusses the "It's Bigger Than Me" campaign which is supposed to be about destigmatizing obesity. Except it's not. The campaign is funded by Novo Nordisk, the developer of a new weight loss drug.

<https://themighty.com/2021/10/its-bigger-than-me-campaign-harms-fat-people-for-profit/>

November 4, 2021: A small study finds that 35% of participants (all of whom were classified as having class II or III obesity) had detectible active brown adipose tissue (BAT) and tended to have better metabolic outcomes even though those with higher BAT had higher total fat mass than the other participants.

<https://consumer.healthday.com/b-11-2-could-brown-fat-keep-some-obese-people-healthier-2655439637.html>

<https://doi.org/10.2337/db21-0475>

November 7, 2021: An article on Livestrong.com (note: other articles and ads on this site are pro-weight loss) explains how anti-fatness and racism have become intertwined over time and continue to cause harm today.

<https://www.livestrong.com/article/13767170-anti-fat-weight-bias-racism>

Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.

On the web: <https://naafa.org>

Comments: naafapeg@gmail.com

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